

A Study of Treatments for Veterans with Sleep Disturbances

Would you like to participate in a research study examining how two different treatments help you manage sleep problems?

Over a period of 2 weeks, study participants will be treated under one of the following conditions:

- **take two 2-hour mind-body bridging classes *OR***
- **take sleep medication daily for two weeks and two 15-minute sleep hygiene classes**

Study participants will need to complete questionnaires at the beginning and end of the study (about 60 minutes each)

To qualify for this study, you need to be:

- **a US Veteran,**
- **18 - 65 years old,**
- **diagnosed with sleep disorder by a VA physician in the Primary Care Clinic**
- **not currently taking sleep medications**

Participants will be compensated for their time.

To learn more about the study, please speak to your VA primary care physician or call (801) 585-7754.

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